



THE CITY OF GARFIELD HEIGHTS SENIOR CENTER NEWSLETTER

EDITION #35

JANUARY 2026

CONTACT

5407 Turney Road
Garfield Heights, OH 44125
216-475-3244
jsopkovich@garfieldhts.org
garfieldhts.org/216/Senior-Center

CENTER HOURS

Monday - Thursday: 9:00am - 2:00pm

WHAT'S INSIDE

- 2 - 3** Announcements
- 4** Upcoming Events
- 5 - 7** What's Going On?, Pictures and Puzzles
- 8** Lunch Menu
- 9** Calendar
- 10** Puzzle Answers
- 11** Event Highlight

TELEPHONE GUIDE

Civic Center

216-475-1100

Senior Center

216-475-3244

Complaint Line

216-475-1199

Fire Department

Station 1 - 216-475-4053

Station 2 - 216-475-5997

Marymount Hospital

216-581-0500

GH Post Office

216-581-9308

GH Historical Society

216-475-3050



MONTHLY EVENTS

SENIOR CENTER SITE COUNCIL MEETING

Tuesday, January 13th @ 10am

The Site Council are a group of seniors who attend the Garfield Heights Senior Center. They are elected by seniors to chair on behalf of all who attend the center. They are a Nonprofit Organization which carries a 501(C)3. This allows the Site Council to fund raise for a variety of events, trips, parties, etc. for all who are registered and attend the Garfield Heights Senior Center. The Site Council hosts a meeting on the second Tuesday of every month. Come and hear what is planned for our seniors for the coming months.

COFFEE WITH THE MAYOR

Wednesday, January 14th @ 10:00am

Come to the Senior Center and enjoy a fresh cup of coffee with Mayor Burke and hear about the newest improvements and events that are happening in the City of Garfield Heights.

POST OFFICE ON WHEELS

Wednesday, January 28th @ 9:00am

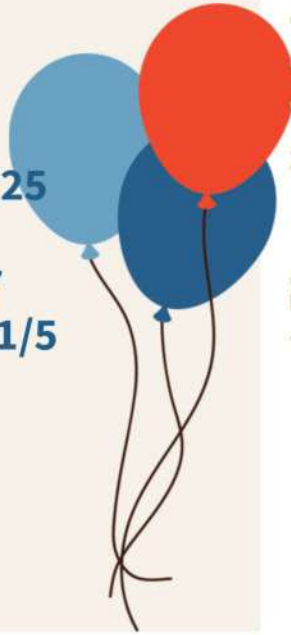
Post Office on Wheels generally comes to the Senior Center on the last Tuesday of every month. The seniors who attend the center are able to purchase postage and/or send letters to family members at this time.

2 ANNOUNCEMENTS

JANUARY BIRTHDAYS!

WE WOULD LIKE TO WISH A VERY HAPPY BIRTHDAY TO THESE SPECIAL SENIORS:

Rose Brajkovich 1/6
Marlene Hollinger 1/25
Elaine Kuchia 1/21
Ann McCullough 1/27
Marlene Washington 1/5



FREE
AD DESIGN
 with purchase
 of this space

CALL 800-477-4574

THRIVE
LOCALLY



**All In One
 Healthcare
 Agency LLC**

HOME HEALTHCARE

Personal Care & Companionship

216-954-1044

24 hours/5 days a week
 Medical insurance and private pay



Jennings at Brecksville

Independent and Assisted Living Care

- 1 - 2 bedroom apartment style suites
- Home-cooked meals
- Flexible month-to-month leases
- Adult Day services for family caregivers
- Staycation suites

(216) 581-2900
 8736 Brecksville Road
 Brecksville, OH 44141

www.jenningsohio.org

**SUPPORT OUR
 ADVERTISERS!**

DOES YOUR NONPROFIT ORGANIZATION NEED A NEWSLETTER?



**OUR COMMUNITY
 NEWSLETTER**
 OCTOBER EDITION

Engaging,
 ad-supported
 print and digital
 newsletters to reach
 your community.

Visit lpicommunities.com



Scan to
 contact us!



CRAFTROOM NEWS**CRAFT ROOM HOURS M-TH, 9AM TO 2PM**

I hope everyone had a nice holiday!

Our Christmas Raffle was a great event. Even though we had only 3 days instead of 4 to sell tickets. The Center was closed due to a snow day. I cannot thank the volunteers enough for helping when needed.

Several new people who came in to buy tickets had never seen anything like this before, and they even won something.

Congratulations to Shirley Rozmarynowski who won the 50/50 Raffle.

January will be a slow month for the Craft Room, but that is alright- we need the rest!

Please keep in mind that when we have fundraisers like the Christmas Raffle, that all proceeds raised go to the Senior Center Site Council for various activities, trips, and events.

Thank you, Barb ♥



NEVER MISS OUR NEWSLETTER!

SUBSCRIBE

Have our newsletter
emailed to you.



VISIT WWW.MYCOMMUNITYONLINE.COM

POKENO**MONDAY, JANUARY 5TH, @ 12:30PM**

Come play a game of Bingo that incorporates a little poker and keno while you play. Instructions will be given to those who will participate.

JUST BODIES W/ JOANN**WEDNESDAY, JANUARY 7TH, @ 10AM**

The seniors are starting the New Year with a bang! Come in and enjoy Joann from Just Bodies as she instructs her very enthusiastic chair aerobics. Be sure to bring your water bottle to stay hydrated.

LIBRARY INNOVATION CENTER**ORIENTATION****THURSDAY, JANUARY 8TH, @ 1PM**

Those seniors who have not gone through the libraries innovation orientation and would like to learn how to make/print their own t-shirt are encouraged to sign up.

OLD SCHOOL AND GOSPEL KARAOKE

The Center is hosting 2 karaoke events this month. Tune up your vocals and come sing along with the seniors. Please check calendar for dates and times for these events.

SENIOR CENTER**REGISTRATION and TRANSPORTATION INFORMATION**

Are you an older adult and looking for something to do? (Must provide own transportation outside of Garfield Heights).

Adults 55+ years older are welcome to attend our center.

The Garfield Heights Senior Center provides lunches to those who are 60+ years and attend our center, for a suggested \$1.50 donation. The Center is open M-TH, from 9am to 2pm.

Transportation is available to those seniors who live in Garfield Heights. Come register and enjoy meeting new people, exercise, Trips, parties, crafts, informational presentations, and much, much, more. Call the Senior Center at 216-475-3244 where we can set up a time for you to visit and take a tour.

TRANSPORTATION COSTS

Senior Center - \$0.25 (round trip)

Local Medical Trips - \$3.00 (round trip)

Local Errands - \$4.00 (round trip)

LUNCH AT GOLDEN CORRAL**THURSDAY, JANUARY 22ND**

The seniors will be taking a lunch trip to Golden Corral on Thursday, January 22nd. Transportation is limited for this lunch trip. **Must be a registered senior and signed up for this lunch trip.** Transportation cost \$3.

PAINT AND SIP W/ LAKETIA**TUESDAY, JANUARY 27TH @12:30PM**

Laketa will be hosting a Paint and Sip, bring your artistic skills and enjoy some festive beverages.

LIBRARY T-SHIRT PRINTING**WEDNESDAY, JANUARY 28TH**

12 of the Center's seniors are taking a trip over to the Garfield Hts. Library to be instructed on how to print on a T-shirt. **Must be a registered senior and have taken the Library Innovation Center Orientation to participate.**

BOOTS ON THE GROUND**THURSDAY, JANUARY 29TH @ 1PM**

Boots on the ground is back! Come and dance it off, while Darlene plays the music. Wear your best western attire. **Must be a registered senior and signed up for this event. No walk-ins will be accepted.**



**A MESSAGE FROM THE SENIOR CENTER
MANAGER, JENNIFER SOPKOVICH**

Hello Everyone,

As we start the new year let us come together to ensure our senior residents are thriving and being cared for. Please look out for one another and check in on those who live alone and have not been in the best health. It takes a village and we need to be kind and caring to one another. Those who are reading this, I challenge you to start a chain of kindness. Help those who struggle with everyday challenges, pay it forward and you will be the light in someone's darkness.

Thanks, Jenn ♡†



SCHEDULED EVENTS

**PLEASE KEEP IN MIND ALL ACTIVITIES AND
EVENTS ARE SUBJECT TO CHANGE DUE TO
AVAILABILITY AND CIRCUMSTANCES OUT OF
OUR CONTROL.**

**CONGRATULATIONS!!
SENIOR CENTER
WII FALL
LEAGUE TEAMS**

**1st Place
Team #3**

Wanda Hiley
Diane Coon

**2nd Place
Team # 9**

Betty Svoboda
Ronnie Smith

SLOPPY JOE BISCUIT CUPS

Prep time 30 min. Serves 5

Ingredients:

1 lb. Ground Meat
¼ C. Each Finely Chopped
Celery, Onion and Green Pepper
½ C. Barbecue Sauce
1 Tube (12oz.) Refrigerated Flaky Biscuits (10 count)
½ C. Shredded Cheddar Cheese

Instructions:

1. Heat oven to 400 degrees. In large skillet cook beef and vegetables over medium heat for 5-7 min. Break up beef into crumbles (Drain).
 2. Stir in barbecue sauce, bring to a boil. Reduce heat and simmer.
 3. Separate Dough into 10 biscuits, flatten into 5 inch circles. Press into bottom and sides of greased muffin cups, and fill with beef mixture.
 4. Bake for 9-11 min. until the biscuits are golden brown.
 5. Sprinkle with cheese and bake 12 additional min. or until cheese is melted.
- Cool and Enjoy!

A friendly reminder to all our registered seniors. Please bring in your favorite recipes to be highlighted in our newsletter for all of 2026.

6 DID YOU KNOW?



WII BOWLING **2026 WINTER LEAGUE** **WILL START MONDAY,** **JANUARY 5TH**

Weekly Bowling sessions
You can bowl your games
Every Monday and Wednesday
Between the hours of 9am and 1am

\$3.00 PER SESSION TO BOWL.
ALL PROCEEDS GO TOWARDS BOWLING
BANQUET AT THE END OF THE SEASON.

Cuyahoga County Public Library **DIGITAL NAVIGATORS**

Ask CCPL Digital Navigators any questions you may have about navigating your tablet or cell phone. They are here to assist those who need some extra technical support with these devices. Call the library at 216-749-9420 to make an appointment with one of their Digital Navigators at a CCPL branch.

MONDAY MORNING MEET-UP **AT THE LIBRARY** **MONDAY, JANUARY 5TH** **@ 10:00AM**

LIBRARY BOOK
DISCUSSION AT THE
SENIOR CENTER
HAS BEEN CANCELLED.
THE STAFF CAN
REVISIT THIS ACTIVITY
ONCE THERE IS SENIOR
PARTICIPATION.

KAHOOT

Bring your cellphone to the Senior Center and challenge your mind! Connect and compete with others who share the same interests. There are many categories to choose from. For those who participate in Mind Challenge, this is a good way to prep for this event.



WORD SEARCH

Winter Wonderland

W	I	C	G	N	I	T	A	K	S	T	R	Z	D
N	D	N	A	L	R	E	D	N	O	W	D	C	L
W	O	N	R	A	R	O	R	K	A	W	O	Z	L
S	B	T	S	S	N	O	W	F	L	A	K	E	L
K	D	R	N	I	I	C	I	C	L	E	L	N	N
I	L	N	O	L	L	O	W	Y	T	S	O	R	F
I	N	T	W	L	F	L	C	S	L	S	P	N	S
N	S	R	B	A	R	L	A	N	L	L	G	I	N
G	L	E	A	F	O	T	L	N	I	P	P	Y	S
N	K	T	L	W	Z	S	L	E	D	D	I	N	G
A	S	N	L	O	E	L	G	L	I	S	T	E	N
D	D	I	W	N	N	Z	N	A	D	L	O	C	T
S	O	W	E	S	D	R	A	Z	Z	I	L	B	O
W	H	O	T	C	H	O	C	O	L	A	T	E	I

NIPPY
SNOWBALL
HOT CHOCOLATE
SNOWFLAKE
FROSTY
ICICLE
SKATING
WONDERLAND
SLEDDING
FROZEN
BLIZZARD
SKIING
SNOWFALL
GLISTEN
WINTER



RIDDLE ME THIS...

Why is the letter
F like death?



Learn to Play Chess Every Monday @ 10am

Gerry is a registered senior who loves to play chess! He is at the Center to teach the fundamentals of chess on Monday's @ 10am. If chess isn't your thing, he is willing to challenge you to a game of checkers



Cardio Drumming View Calendar for Dates

Join the group of seniors who love exercising, while drumming to their favorite tunes.

8 LUNCH MENU

Thursday, January 1

**Closed in
Observance of
the New Year**

Monday, January 5

Beef Meatloaf w/ Glaze
Mashed Potatoes w/ Gravy
Beets
W.G. Roll
Orange

ALT = CS TR

Tuesday, January 6

Breaded Fish
Potato Wedges
Green Beans
W.G. Hamburger Bun
Applesauce

ALT = CBG RB

Wednesday, January 7

Beef Stroganoff
Noodles w/ Gravy
Antigua Blend + Cauliflower
W.G. Wheat
Apricots

ALT = CF T

Thursday, January 8

Chicken Marsala
Brown Rice w/ Gravy
Mushrooms + Broccoli
W.G. Wheat
Mandarin Oranges

ALT = CBG RB

Monday, January 12

Salisbury Steak w/ Gravy
Mashed Potatoes
Mushrooms
2 W.G. Wheat
Sliced Apricots

ALT = CS TR

Tuesday, January 13

Chicken Cordon Bleu
Mashed Potatoes
Diced Carrots
2 W.G. White
Sliced Peaches

ALT = CBG RB

Wednesday, January 14

Vegetable Lasagna
California Blend
W. G. Dinner Roll
Mixed Fruit
Grape Juice

ALT = CF RB

Thursday, January 15

Swedish Meatballs
Noodles w/ Sauce
Peas + Carrots
W.G. White
Banana

ALT = CBG T

Monday, January 19

**Closed in
Observance of
Martin Luther
King Day**

Tuesday, January 20

Stuffed Cabbage w/ Sauce
Mashed Potatoes
Buttered Beets
2 W.G. Wheat
Sliced Peaches

ALT = CS RB

Wednesday, January 21

Stuffed Shells w/ Sauce
Spinach + California Blend
W.G. Garlic Toast
Grapes

ALT = CF T

Thursday, January 22

Roasted Turkey Breast
Stuffing w/ Gravy
Mashed Potatoes
Mixed Vegetables
W.G. White
Cranberry Juice

ALT = CBG RB

Monday, January 26

Rosemary Pork
Cheesy Potatoes
Mixed Vegetables
W.G. Roll
Cinnamon Applesauce

ALT = CBG RB

Tuesday, January 27

Hamburger
Seasoned Potato Wedges
Baked Beans
W.G. Bun
Sliced Pears

ALT = CBG T

Wednesday, January 28

Chicken Stuffed with Broccoli
Mashed Potatoes
Green Beans
W.G. Wheat
W.G. Vanilla Wafers
Orange

ALT = CF RB

Thursday, January 29

Beef Stew
Lima Beans
Buttered Sliced Carrots
W.G. Biscuit
Banana

ALT = CBG TR

REMINDER!

Meal reservations will be made on Mondays and Tuesdays for the following week. Reservations can be made in-person or over the phone at (216) 475-3244. Lunch will be served Monday - Thursday at 11:30am, but we ask that you arrive at 11:00am to check in. Thank you!

Box Lunch option shown to the side of each date.

"T" = Tuna, "TR" = Turkey, "RB" = Roast Beef, V = Cheese
Alternatives are available everyday.
ALT CS = Chicken Salad w/ Croissant,
ALT CBG = Spring Lettuce Salad w/ Chicken Breast
ALT CF = Chef Salad w/ Ham, Egg + Cheese

Monday	Tuesday	Wednesday	Thursday	Friday
			1 CLOSED IN OBSERVANCE OF THE NEW YEAR	2
5 <u>RESERVE LUNCH</u> Wii Bowling 10:00am Library Meet-up 10:00am Cardio Drumming and Chess w/Gerry 11:30am Lunch 12:30pm Pokeno	6 <u>RESERVE LUNCH</u> 10:00am Kahoot 11:30am Lunch 12:30pm Card Games	7 Wii Bowling 10:00am Just Bodies Chair Aerobics w/ Joann 11:30am Lunch	8 11:30am Lunch 1:00pm Library Innovation Center Orientation	9 Walmart 8:30am-11:30am
12 <u>RESERVE LUNCH</u> Wii Bowling 10:00am Cardio Drumming and Chess w/ Gerry 11:30am Lunch 1:00pm Bingo w/ Forest Hill Place	13 <u>RESERVE LUNCH</u> <u>10:00am Site Council Meeting</u> Election Day 11:30am Lunch 1pm Kahoot	14 <u>10:00am Coffee with the Mayor</u> Wii Bowling 11:30am Lunch 12:30pm Old School Karaoke	15 11:30am Lunch 1pm Chair Volleyball FOODBANK DISTRIBUTION 5-6PM	16
19 CLOSED IN OBSERVANCE OF MARTIN LUTHER KING JR DAY	20 <u>RESERVE LUNCH</u> 10am Card Games 11:30am Lunch 12:30pm Craft w/Anessia 1pm Kahoot	21 Wii Bowling 10:00am Gospel Karaoke 11:30am Lunch FOODBANK DISTRIBUTION 1-2PM	22 11:30am Lunch Lunch Tripto Golden Corral	23 Meijer/ 5 Below 8:30am-11:30am
26 <u>RESERVE LUNCH</u> Wii Bowling 10:00am Cardio Drumming and Chess w/Gerry 11:30am Lunch	27 <u>RESERVE LUNCH</u> 10:00am Kahoot 11:30am Lunch 12:30pm Paint N Sip	28 Wii Bowling 9:00am Post Office on Wheels 10:00am Library T-shirt Printing 11:30am Lunch	29 11:30am Lunch 1:00pm Boot on the Ground w/ Darlene BIRTHDAY THURSDAY	30

RIDDLE ME THIS ANSWER

Because without
it life is a lie,
or it makes life a lie.

WORD SEARCH ANSWER

W	I	C	G	N	I	T	A	K	S	T	R	Z	D
N	D	N	A	L	R	E	D	N	O	W	D	C	L
W	O	N	R	A	R	O	R	K	A	W	O	Z	L
S	B	T	S	S	N	O	W	F	L	A	K	E	L
K	D	R	N	I	I	C	I	C	L	E	L	N	N
I	L	N	O	L	L	O	W	Y	T	S	O	R	F
I	N	T	W	L	F	L	C	S	L	S	P	N	S
N	S	R	B	A	R	L	A	N	L	L	G	I	N
G	L	E	A	F	O	T	L	N	I	P	P	Y	S
N	K	T	L	W	Z	S	L	E	D	D	I	N	G
A	S	N	L	O	E	L	G	L	I	S	T	E	N
D	D	I	W	N	N	Z	N	A	D	L	O	C	T
S	O	W	E	S	D	R	A	Z	Z	I	L	B	O
W	H	O	T	C	H	O	C	O	L	A	T	E	I

MEDICARE
Your Health. Your Benefits.
Let's Make It Simple.



Josef Gibson ~ (410) 300-2152
jgibson077@gmail.com

RADAIR
Complete Car Care and Tire Centers



ERIC SPAPE, Service Advisor
5266 Turney Rd • Garfield Hts.
Office: 216-663-0663
Mobile: 330-204-4681
Eric@RadAir.com
www.RadAir.com



HARRIS
HOME CARE LLC



440-857-0034
Custom-designed service plans based on your needs!
www.harrishomecarellc.com



LET'S GROW YOUR BUSINESS
Advertise in our Newsletter!


CONTACT ME
Jayne Pandey

jpandy@lpicommunities.com
(800) 477-4574 x6401

ADT-Monitored Home Security

Get 24-Hour Protection From a Name You Can Trust

- Burglary
- Fire Safety
- Flood Detection
- Carbon Monoxide




ADT Authorized Provider | **SafeStreets**

833-287-3502



**SUPPORT THE
ADVERTISERS**
that Support our
Community!

The Garfield Heights Senior Center Site Council

Would like to thank all of those who have donated.
Your generosity and kindness are truly appreciated!!!!

**Thank you to Mark and Marlene Hollinger
Rev. Timothy Storm
for their contribution to the Center.**



QCI Group™

**Quality Control
Inspection, Inc.
Garfield Heights**

**Craft Room
Christmas Raffle
Thank you to all who
participated!!!!**

Thank you to all who
volunteered..... to set
up tables, make
baskets, sold tickets,
donated items, or came
in and bought tickets.



**Charter Steel
Cuyahoga
Heights**

**The Morph Corporation
in Garfield Heights**

MEET THE STAFF

DIRECTOR

Paul Birk

MANAGER

Jennifer Sopkovich

ADMINISTRATIVE ASSISTANT

Anessia Dailey

TRANSPORTATION & ACTIVITIES COORDINATOR

Laketia Gaston

RECEPTIONISTS

Larry Speights
Marlene Kalish

KITCHEN AIDES

Katie Granfors
Janet Kidd

DRIVERS

Loretta Arnold
Vincent Walls
Greg Skuta
Izola Newton



SENIOR SPOTLIGHT

MARLENE WASHINGTON

Marlene was born in Cleveland, on Cedar Avenue, and married for 47 years. Marlene has 3 children, one son and two daughters. She has been blessed with a granddaughter.

Marlene was a teacher for Cleveland Public Schools for 7 years. She retired from General Motors, where she made upholstered seat covers. Marlene loves to travel and has been to Alaska, and all the islands. She has been fortunate enough to have gone to see the Northern Lights

OUR MISSION

The mission of the City of Garfield Heights Senior Center is to provide information and a range of services, activities, and volunteer opportunities which promote personal growth, health, friendship and independence for older persons.

POLICY STATEMENT

It is the policy of this Agency that all services funded with Older Americans Act Funds are to be provided without regard to race, color, national origin or handicap.